Since 1984...

We are proud to be the area’s primary resource on aging since 1984, providing critical services for residents of Chicago’s northwest suburbs.

“When you engage with the organization, you realize it’s priceless.”
—Gail Collier, program participant

“We are a vital resource that provides peace of mind, support, and comfort.”
—Christy Wagner, community partner

Discover which Bacoa programs are right for you.

Aging Redefined

We help enhance the quality of life for older adults, families, and caregivers.

Contact us to see how Bacoa can help with your aging journey

6000 Garlands Lane
Suite 100
Barrington, IL 60010
P: 847-381-5030 Email: info@bacoa.org
WWW.BACOA.ORG

How Will You Tell Your Story?

Welcome to Bacoa

Redefining Aging in the Northwest Suburbs

Bacoa is a federally qualified, public charitable corporation, or a 501(c)(3). Thanks to the generosity of friends, community partners, and supporters, no one is ever refused services because of an inability to pay.
We’re Glad You’re Here!

Bacoa is your go-to resource for redefining what aging looks like—for yourself or someone you love.

Barrington area residents are living healthier and longer than ever before, and we celebrate our community’s vibrant mix of older adults who are working, volunteering, exercising, traveling—indeed thriving!

Neighbors are also adapting to dynamic needs, wants, and abilities as they get older. Aging can require creative solutions to maintain a healthy mind, body, and spirit.

**Bacoa will help you navigate aging every step of the way.**

Sometimes that means knowing where to turn for vital resources, such as in-home care. Other times, it means connecting with new friends for a stroll through the park.

You are living your own unique story.

Discover how Bacoa can help.

---

Aging Well with Bacoa

**Classes, Activities, and Socializing**
(virtual and in-person)

Community is key to Bacoa’s active lifestyle events, including:

- Outdoor walking club
- Cuisine club, game days, and trips
- Fine arts, performing arts, and other cultural programs

**Education, Counseling, and Referrals**

Let us help you navigate the sometimes-complicated steps involved with:

- Housing options, in-home care, and emergency response systems
- Insurance, Medicare, and Medicaid
- Income tax returns

**Social Services**

You aren’t alone. Our services provide life-changing support to improve the quality of daily life for older adults, families, and caregivers, through:

- Meals with Wheels: Hot meals delivered to those who are unable to prepare their own
- Transportation: Rides coordinated for medical appointments, errands, and Bacoa programs
- Family caregiver support: Classes, respite, and resources for those helping loved ones age with grace

**Memory Care**

A foundation of community is essential for everyone’s wellbeing. Bacoa’s socialization opportunities include programs designed for those with memory loss:

- A Day Out: Weekly program offering social activities—such as chair yoga, art, and poetry—for adults with early to mid-stage memory loss
- Memory Café: Relaxation and socialization for participants with memory loss and their care companions
- Alzheimer’s Support Group: Education and support for families and caregivers of people living with Alzheimer’s and related dementias

And so much more!

---

**I think the therapeutic activities are wonderful. They are so important for mental health and thought stimulation. I’m so thankful for these activities; my mom looks forward to them.**

—Caregiver, A Day Out program